

Dr. Marcus Duda and Davis Clayton Kiyo Interviewed by Candice Georgiadis

Dr. Marcus Duda, Fellow of the American Academy of Orthopedic Surgery. Davis Clayton Kiyo, founder of Myster High-End Accessories

GREENWICH, CT, USA, April 9, 2021 /EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.



Dr. Marcus Duda, Fellow of the American Academy of Orthopedic Surgery

Marketing... a word that can strike fear in to the hearts of even the best ideas. Reach out to Candice Georgiadis to get your social media and conventional website marketing going in the right direction, beating out your competitors. Below are two recent interviews with her clients where she's helping build their brand/image by putting the reader 'in' the company, the backstory, which builds trust and familiarity.

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In my early 20s, I had a clash with the federal government about cannabis where I ultimately beat the charges.”
Davis Clayton Kiyo, founder of Myster High-End Accessories

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Dr. Marcus Duda, Fellow of the American Academy of Orthopedic Surgery

We all know that it's important to eat more vegetables, eat less sugar, exercise more, and get better sleep etc. But while we know it intellectually, it's often difficult to put it

into practice and make it a part of our daily habits. In your opinion what are the 3 main blockages that prevent us from taking the information that we all know, and integrating it into our lives?

The three biggest problems in our diet are carbohydrates, animal fats and caffeinated drinks. Carbohydrates are converted to sugar very quickly in our body and create rapid spikes in our sugar level. This sugar level then rapidly falls and we become hungry again very quickly, craving more carbohydrates. The animal fats cause plaques in our arteries and associated circulatory problems. The secondary benefit of minimizing carbohydrates is that it forces our body to burn a higher percentage of fat which is a more efficient fuel, particularly for endurance athletes. By decreasing carbohydrate portions and adding in some cruciferous vegetables one will slowly notice a difference in their energy level and the way they feel. The caffeine in energy drinks and coffee gives us a quick energy boost but has long term detrimental effects. The caffeine provides a short energy boost and also causes constriction of our arteries. This constriction decreases circulation to our extremities and our brain. The constriction to the arteries in our legs could lead to blood clots and the constriction of arteries in our brain causes headaches as the arteries open up as the caffeine wears off. To wean off our easy diet, select one item a month to eliminate. This could be eliminating a roll at dinner or a snack and energy drink in the afternoon.



Davis Clayton Kiyo, founder of Myster High-End Accessories



Candice Georgiadis

Can you please share your "5 Non-Intuitive Lifestyle Tweaks That Will Dramatically Improve One's Wellbeing"? (Please share a story or an example for each, and feel free to share ideas for mental, emotional and physical health.)

Strengthening your fascia, incorporating diet changes slowly, decreased caffeine and wearing Vive Wear socks are all simple changes that can improve an individuals health, energy, balance,

strength, and mental acuity. You may have just accomplished a complete health makeover without even noticing it.

[Read the rest of the interview here](#)

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Davis Clayton Kiyu, founder of Myster High-End Accessories

You are a “Cannabis Insider”. If you had to advise someone about 5 non intuitive things one should know to succeed in the cannabis industry, what would you say? Can you please give a story or an example for each.

Authenticity. The Cannabis Industry is highly regulated so therefore you want to stand out in a good way. Create products and ideas that have not been done before. Set yourself apart from the competition.

Finances. Banking and marketing have been a challenge because of our industry. We’ve had multiple payment processors drop us because of it.

Marketing. We must be very creative with most of our marketing because we can’t spend money on traditional online advertisements, therefore, we make content that gets attention organically.

The industry is more complicated than it seems. It’s very difficult to deal with customers that own brick & mortar retail outlets. I didn’t realize how time consuming it would be selling into stores, collecting payments, merchandising, etc.

Don’t be naive. This industry can be very judgmental. You can’t just come into the game and throw money at it and expect to win. Since the world hasn’t opened up yet to cannabis legalization, it is important to be strategic yet authentic.

Can you share 3 things that most excite you about the cannabis industry?

Endless possibilities. I often joke there are so many opportunities and not enough time to accomplish them all. Even though the industry is exploding, I believe it is only 5–10% of where it could be. Some day, it’ll be bigger than the tobacco and alcohol industries.

Creating new products. It’s a hard, yet exciting process to think of something, prototype it, mass produce it, sell it, and ship it around the world to customers. It’s not about the money for me, I just want to change the way the world gets high. Innovation is out there, and i am so excited to see these opportunities emerge in the next coming years.

United States moving towards federal legalization. It is about time cannabis is removed from the banned list. Accepting cannabis and it’s benefits is the first step.

[The full interview is available here](#)

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track. You can reach her at the below contact options.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude's Children's hospital.

Contact and information on how to follow Candice Georgiadis' latest interviews:

Website: <http://candicegeorgiadis.com/>

Email: CG@candicegeorgiadis.com

LinkedIn: <https://www.linkedin.com/in/candice-georgiadis-34375b51/>

Twitter: <https://twitter.com/candigeorgiadis> @candigeorgiadis

Candice georgiadis

candicegeorgiadis.com

+1 203-958-1234

[email us here](#)

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